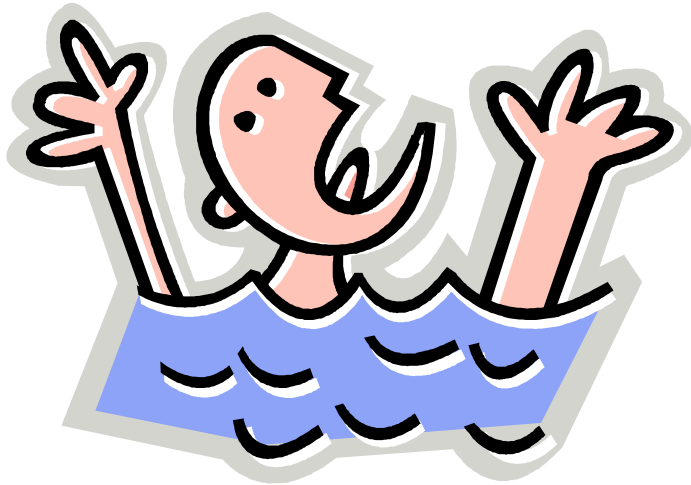


Creating Winning Health & Safety Individual Talks and Skits



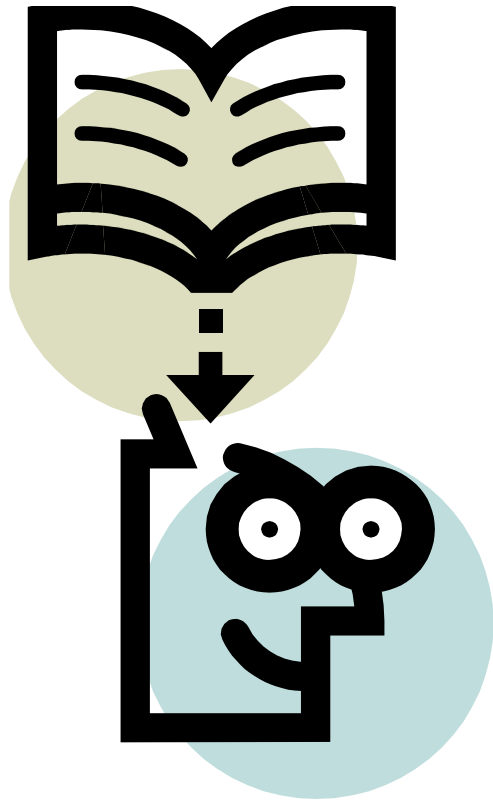
- Judy Villard, Ph.D.
- OSU Extension,
Richland County
- 419-747-8755
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What is the purpose of a health and safety presentation?



- Effective oral communication with an audience
- Communicates ideas and information to a group
- Inspires behavior change and/or adjustment

What kind of information is presented in a health & safety talk?



- Information that people need
- Statistics
- Verification this is a current problem or situation
- Importance of learning information
- Expected behavior adjustment

Who should give a 4-H health & safety talk?



- All 4-H members
 - Cloverbuds can give health and safety tips
- Why?
 - Learning about health & safety is important
 - Behavior changes to better health and safety practices
 - Good venue for learning/practicing public speaking
 - Competition opportunities

Health & safety presentations...



- Given at club meetings and area and/or state contests
- Focus on topics of interest related to home life, highways, health care, work, etc.
- Follow a set of guidelines
- Evaluated on content, delivery, organization, props (skits), skills and knowledge

Putting a health and safety presentation together:



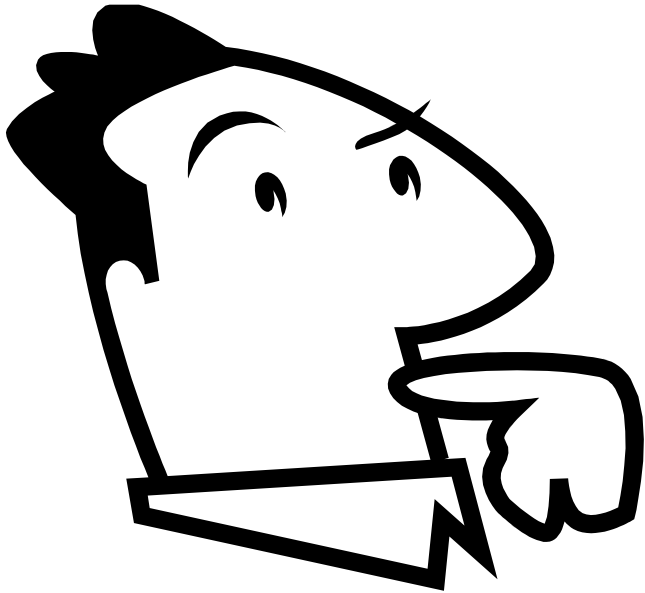
- Ideas for topics
 - Read/hear local media
 - Self interest
 - Consideration for what others might be facing
 - Value to others
 - Knowledge or skill comfort level
 - Information and resources available
 - Personal experiences

Putting a Health and Safety Presentation Together:



- Gathering information
 - Rules, guidelines
 - Facts and statistics
 - Local examples
 - Supporting information
 - Community agencies
 - Library, schools, law enforcement, Extension office, internet (w/care), national organizations
 - Special circumstances
 - Other resources

Putting a health and safety presentation together:



- Deciding on a title
 - Catches interest
 - Describes subject matter
 - Creative
 - Serves as basic theme for presentation
 - Motivating for presenter and the audience

Putting a health and safety presentation together:



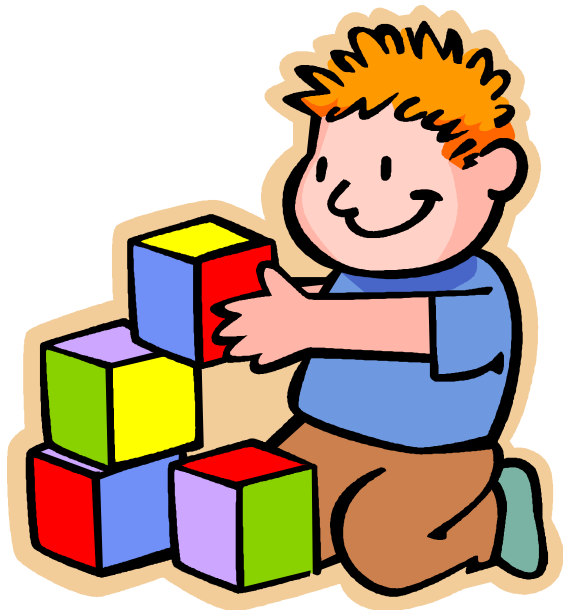
- Title Examples
 - “Fire in the Kitchen”
 - Fires in the home
 - “It Only Takes a Second”
 - Fastening a seat belt
 - “Decision Off Course”
 - Tractor overturns
 - “Just One Makes a Difference”
 - Smoking cigarettes

Putting a health and safety presentation together:



- Introduction
 - Draws attention of the audience
 - First 15-20 seconds
 - Creative & motivating
 - State purpose
 - Serves as ice breaker
 - Gives audience reason for listening
 - Don't re-introduce name, age, title, club, county, etc.

Putting a health & safety presentation together:



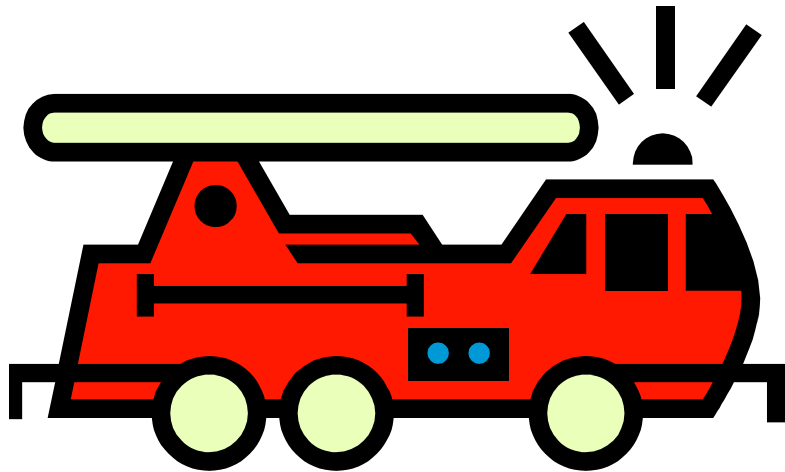
- Introduction examples
 - Story -- life experience
 - Interesting statement, fact or statistic
 - “The number killer of teens is vehicular crashes”
 - Question
 - “Can 30 minutes of daily exercise change your life?”
 - Quotation or anecdote
 - “The surgeon general states smoking does lead to lung cancer”

Putting a health and safety presentation together:



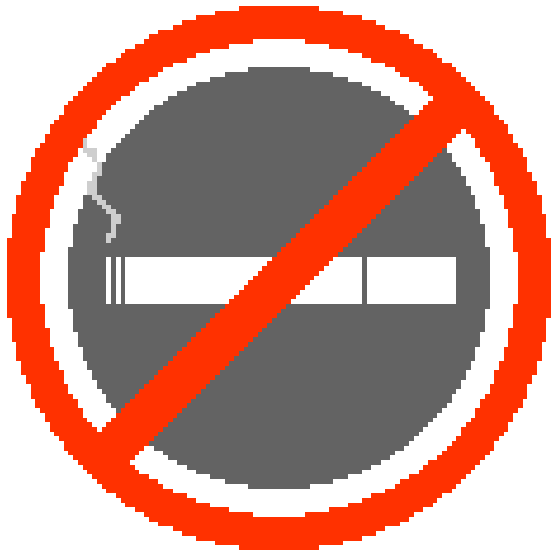
- Introduction examples
 - Humor or joke
 - Use with caution
 - “I heard the funniest thing the other day...”
 - Prop or activity
 - Bucking seat belt – “It just took me 3 seconds to buckle this up”
 - Reason for occasion
 - “I’m celebrating life as a healthy teenager today”

Putting a health and safety presentation together:



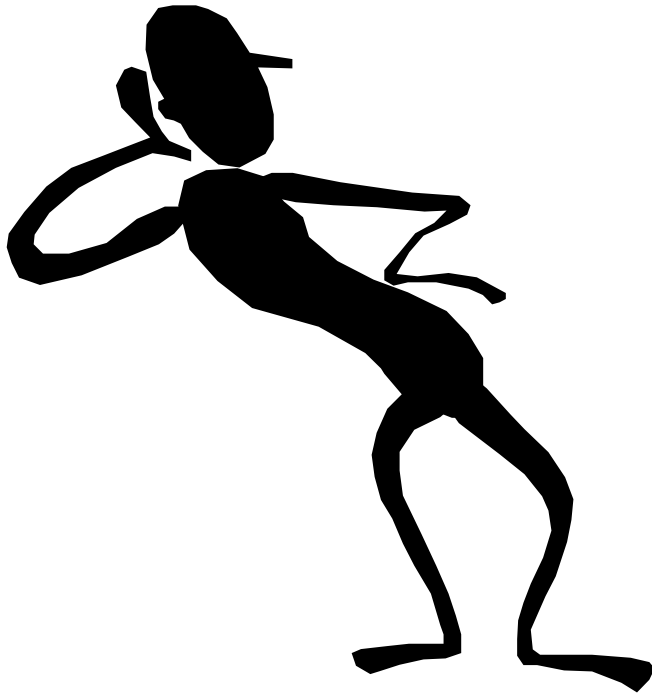
- Body of presentation
 - Needs local example:
 - Shows urgency
 - Establishes local need and interest
 - Reason people need information
 - Required segment

Putting a health and safety presentation together:



- Body of presentation
 - Statistics and facts
 - Support that topic is a current issue
 - Supports “why” audience needs to learn more
 - Cite stats/sources clearly and accurately
 - Example: “The American Cancer Society stated in their 2004 annual report “X” people die each year as a result of smoking.”

Putting a health and safety presentation together:



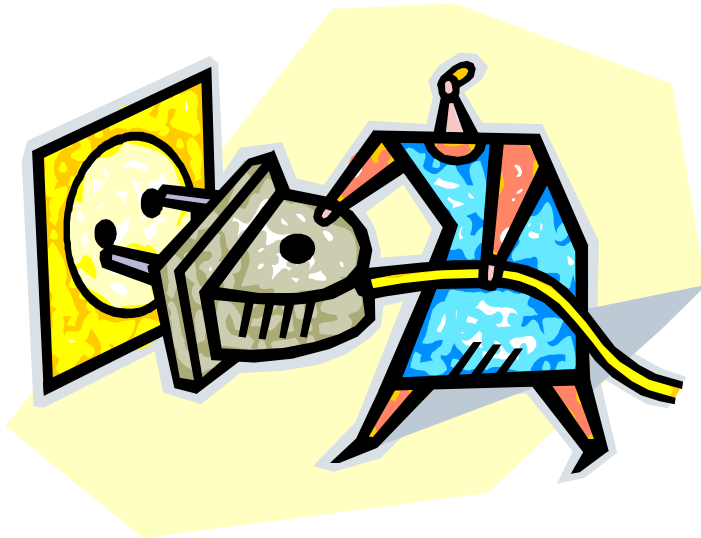
- Body of presentation
 - No more than 10 points (3-7 is best)
 - Logical order and flow of information
 - Paced so audience can understand concepts and expected behavior change

Putting a health and safety presentation together:



- Body of presentation
 - Points should convince audience and make presentation believable
 - Example: “It’s a matter of life and death”
 - Example: “Every 23 minutes someone in the United States is killed by a drunk driver”

Putting a health and safety presentation together:



- Body of presentation
 - Points toward behavior change
 - Example: fingers in an outlet can be shocked
 - Example: lifting a lawn mower is hazardous
 - Example: Exercise is good for you
 - Facts to support talk
 - Example: 1 cigarette affects the body
 - Local example & stats support main points

Putting a health and safety presentation together:



- Conclusion
 - Provide summary or review of main points
 - Revert back to introduction choice to close out
 - Example: “Fire in the Kitchen” exclamation
 - Last words.....
 - Pitch to audience for behavior change

Putting a health and safety presentation together:

- Delivery
 - Focused
 - Tell what is needed
 - Walking (individuals) used sparingly
 - Use for some impact
 - Adequate flow
 - Storyline (skits) must blend speaker to speaker within storyline
 - Explain concepts or thoughts clearly



Putting a Health and Safety Presentation Together:



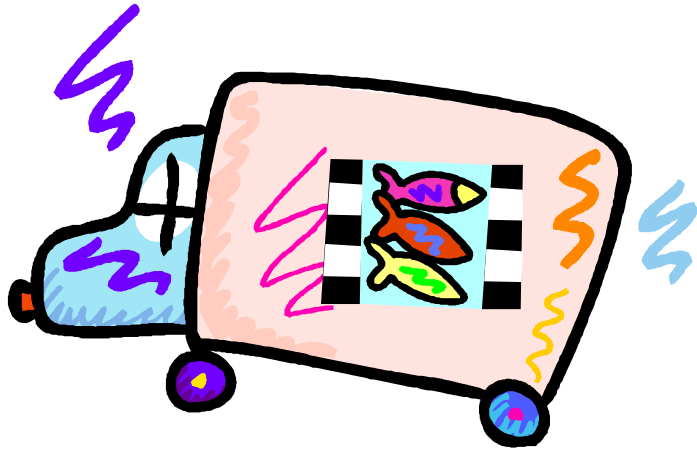
- Delivery:
 - Not too dramatic
 - Facial expressions
 - OK to smile
 - Look interested
 - Appearance
 - Clean and neat
 - Skits/teams may have costumes
 - Individuals – presentation dress

Putting a Health and Safety Presentation Together:



- Delivery:
 - Voice
 - Volume (loud and soft)
 - Pitch (high and low)
 - Pace (fast and slow)
 - Color (variance)
 - Surprise, anger, fear
 - Correct word usage
 - Words not jumbled
 - Pleasant tone
 - Clear
 - Interesting
 - Articulate & enunciate

Putting a Health and Safety Presentation Together:



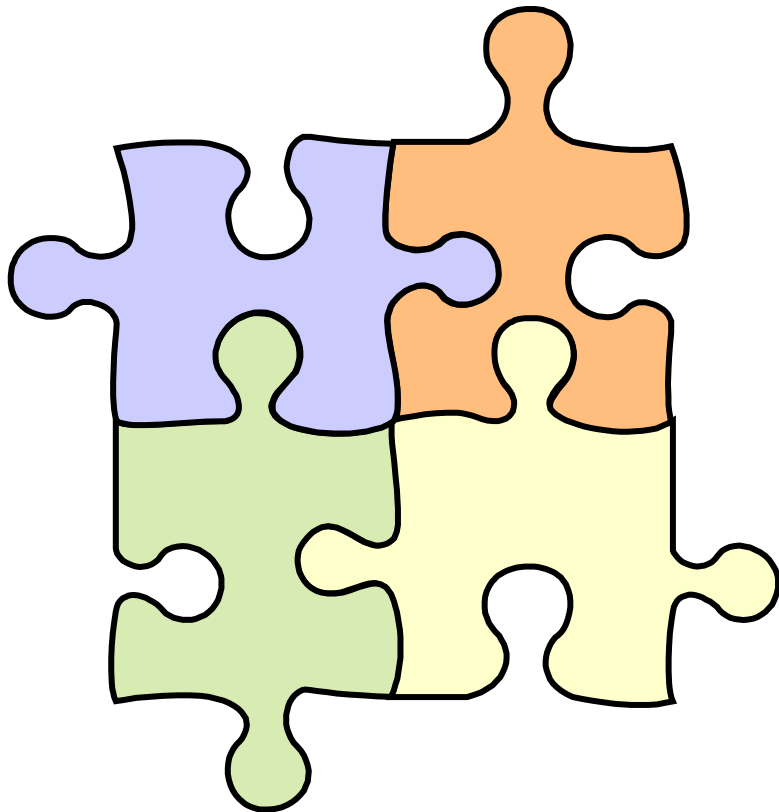
- Delivery:
 - No verbal or written profanity
 - Prompting (scripts, note cards, verbal cues, signaling)
 - Not permitted
 - Note cards ARE permitted at area contests (juniors only)

Putting a Health and Safety Presentation Together:



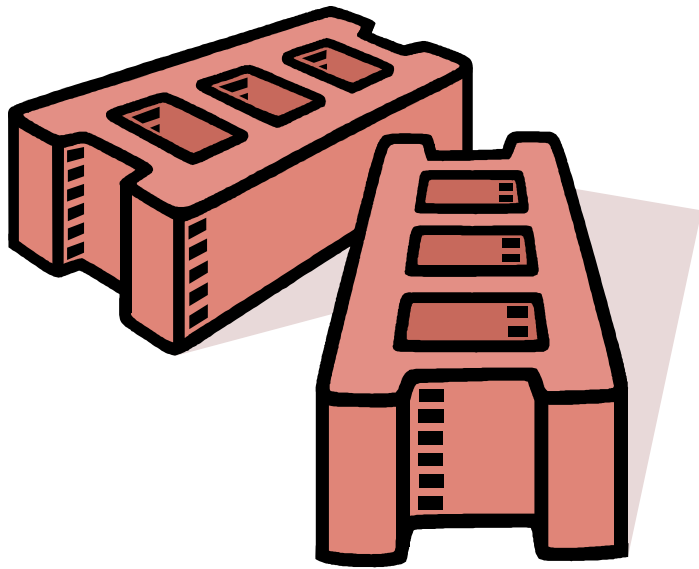
- Posture and body orientation
 - Individuals
 - Stand erect
 - Lean forward to be receptive
 - Face audience
 - Project to audience
 - Skits/teams
 - Movement appropriate
 - Move throughout as per storyline, but project

Putting a health and safety presentation together:



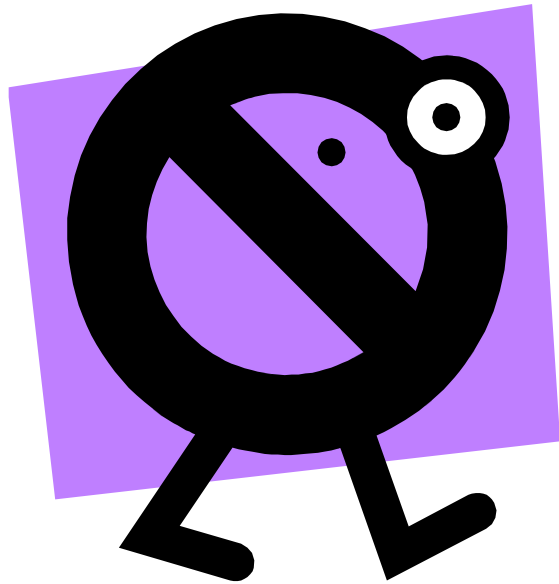
- Props for skits/teams:
 - No live animals
 - Avoid name brands
 - Avoid things not appropriate to 4-H
 - Real cigarette
 - Can of beer
 - Must be “movable” by participants
 - If using costumes, simple; flow with storyline
 - NO written words

Putting a Health and Safety Presentation Together:



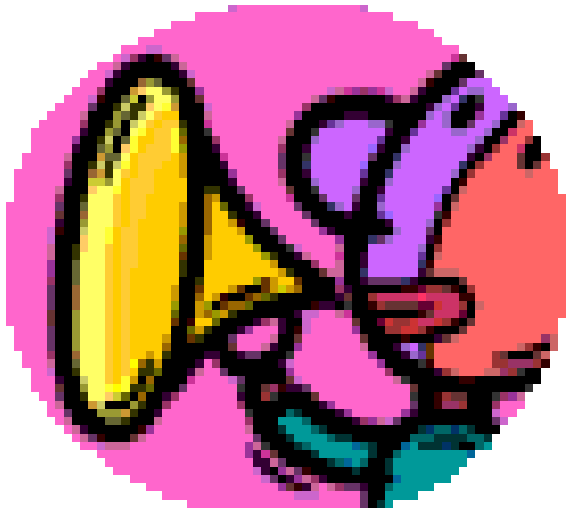
- Divisions for talks:
 - Senior individual (14+)
 - Junior individual (<14)
 - Skit/team (all ages)
 - Two to five members
- Time limits:
 - Senior: 4-5.5 minutes
 - Junior: 2.5-3.5 minutes
 - Skit/Team: 5-8 minutes
- Set-up on your own

Putting a Health and Safety Presentation Together:



- Habits to Avoid
(audience distractions)
 - Hands in pockets
 - Shuffling/"busy" hands
 - Swaying
 - Playing with hair
 - Jingling keys or coins
 - Connectors
 - "ums", "but ums", "you know"
- Feedback helps to decrease use

Putting a health and safety presentation together:



- Presentation tips:
 - NO gum!
 - Good eye contact
 - Signals interest
 - Use gestures carefully
 - Props (skits only) ready and in good working order
 - Be yourself!
 - Look for creative presentation angles

Putting a health and safety presentation together:



- Presentation tips:
 - Speak in level of language suitable to audience
 - No time allotted for questions – don't ask!
 - Say "thanks" at end
 - Practice until familiarity!!!
 - Refrain from note cards
 - Use family and friends
 - Use videos and mirrors

2006 Ohio 4-H Health & Safety Talk Competition Locations & Dates



- Area I -- July 6
 - OSU-Lima
- Area II -- July 7
 - OARDC, Wooster
- Area III -- July 5
 - Ohio University, Athens
- Area IV -- July 10
 - Convention Center, Springfield
- State -- August 2
 - Ohio State Fair, Columbus

Putting a Health and Safety Presentation Together:



- Other Resources
 - Extension educators
 - Ohio 4-H web site
 - www.ohio4h.org
 - Ohio 4-H club web site
 - Coming soon!
 - *Tools for Public Speaking* booklets
 - Member's Guide
 - Advisor's Guide

Putting a Health and Safety Presentation Together:



Questions???